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**Connecting People and Nature: History, Education and Adventure**

## **Explorers Base Camp Program**

**Session I: July 11 - 14, 2017**

**Session II: July 18 - 21, 2017**

*For youth entering 5th – 8th grades in fall of 2017*

### **Program, Policies, and What to Bring**

Welcome to Canyonlands Field Institute's Explorers Base Camp in the La Sal Mountains. Our goal this week is to have a fun, safe, hands-on learning experience in the mountains and on the river. We will spend three days and nights hiking and camping in the La Sal Mountains and one day rafting on the Colorado River. Be prepared to hike up to seven miles per day over rocky and hilly terrain by bringing sturdy hiking boots, sunscreen, and plenty of water. While in the mountains we will play games, create art, draw, write, make discoveries, look at bugs, explore our natural surroundings, and get dirty. On the river be prepared to paddle down the river, splash, swim, and have fun.

We plan to explore any of the following fun topics:

- *Hiking and camping skills*
- *Outdoor safety skills*
- *"Leave No Trace" etiquette*
- *Map reading and orienteering*
- *Animal tracks and scat*
- *Water and stream life*
- *River and stream ecology and dynamics*
- *Rocks and geology of the La Sal Mountains and Colorado Plateau*
- *Alpine ecology (animals, plants, and cycles)*
- *Stars*
- *Art and writing activities (watercolors, readings, journaling, etc.)*

### **CAMP LOGISTICS**

**Location: Campers will meet at CFI in Moab and be transported in an air conditioned van with an attached cargo trailer for gear.** We will be camping at Warner Lake Campground in the La Sal Mountains. There are numerous primitive tent areas, picnic tables, a campfire ring, and pit toilets, but no running water at the campground. CFI will bring drinking water, tarps, tents and camp chairs to make for a comfortable, weatherized camp. **Campers should bring their own sleeping bags and pads. If you need these provided we can do so at no cost but will need to know in advance.** CFI holds a special use permit from the U.S. Forest Service to conduct outdoor education activities at Warner Lake Campground and in the surrounding Forest lands.

### **SCHEDULE**

#### **❖ Tuesday**

**8:45-9 am: Meet at CFI back warehouse at 1320 S. Hwy 191** for gear, orientation, and last minute questions before departing for the La Sal Mountains. **PLEASE do not drop off your children** earlier than 8:45 as our staff will be making final preparations and won't yet be ready for them. Drive around to the back warehouse and unload gear. Kids will repack their duffel into waterproof "river bags" that CFI provides. Load into trailer and depart for the mountains, about 1 hour drive. Upon arrival we will establish our camp and do some teambuilding games, and do

a short hike looking for animal signs and learning about aspen trees. After dinner we enjoy some more games and stories.

### ❖ **Wednesday**

Wake up at 6:30am, and have a 7:30am breakfast. Today we start out hiking to Oowah Lake and searching for aquatic critters. We'll have lunch on the trail. In the evening, we take a look at the night sky.

### ❖ **Thursday**

We continue with our camp routine. Today's hike will be more challenging as we head up towards Miner's Basin and Gold Knob. We learn more about rocks, plants and animals. From the peak we are treated to an incredible view of the Moab Valley below. In the evening we'll enjoy campfire skits and games.

### ❖ **Friday**

Friday we will be rafting the "daily" section of the Colorado River. We will break down our camp and pack our equipment and leave for Hittle Bottom Recreation Area on the Colorado River where we will put in for our river trip. We will take out at Rocky Rapid, approximately 8 miles downstream. We return to CFI and kids help with some of the clean-up.

**5 pm: Ready for pick up at CFI by families. We appreciate you picking up your child no later than 5:15 pm; we know he or she will be anxious to share some wonderful stories!**

## **REGISTRATION**

Complete the registration and assumption of risk forms online no later than 14 days prior to the start of the program. This is to help us plan and purchase food. CFI office staff is happy to discuss our policies and alternatives; however we are firm about age/grade guidelines. Please call us with any questions.

### **Applicable to all CFI Programs**

CFI has developed the following policies based on the nature of our business. We base our operations on your reservations and pay for services accordingly. Please take your reservation seriously. We work with small participant groups, secure services in small/rural towns, schedule our staff, equipment and food purchasing far in advance, and have a limited number of seats and dates. Please make every effort to show up for this trip once you have registered.

- The final payment is due 30 days prior to the program start date.
- Notify us of cancellation in writing by mail, fax, or email.
- Also please call the CFI office to cancel; we check our answering machine regularly when the office is closed. Please note that our staff does not carry cell phones and cannot be reached during a trip.
- If you cancel, any gear rental fees paid to CFI are non-refundable and non-transferable.
- CFI reserves the right to alter the itinerary or location or even cancel a trip, for reasons including but not limited to weather, water fluctuations, insufficient reservations and other factors beyond our control. If cancellation by CFI is necessary, your money will be refunded. CFI can be responsible only for the actual amount paid directly to us and cannot cover any other costs incurred.

### ❖ **Cancellation for Specific Programs: Adult/Family, Custom, and Summer Youth Programs**

- The initial per person reservation deposit is non-refundable.
- If you have paid in full and must cancel, the following refunds apply after written cancellation is received:
  - 30 days prior to start date or later: no part of your payment is refundable.

## CFI STAFF AND SAFETY

Canyonlands Field Institute is permitted and licensed to operate by federal and state agencies. CFI staff is college educated, trained in natural and cultural history of the Colorado Plateau, and Utah licensed guides. Additionally, instructors are certified in Wilderness First Aid and CPR. Two CFI Naturalist Guides 21 or older (most are in late 20's or early 30's in age) plus one or two teen Guide in Training assistant will be with the group the entire time; all have Educator clearances.

A special feature of this nature camp is the small group, base camping and chance to run a mild stretch of the Colorado River on that last day. Group size is minimum of six campers and maximum of eleven; the entire group will travel in a van with a trailer for gear.

Please understand that while CFI staff are both professional and well trained, there is a minimal element of inherent risk in all programs. Parents should be sure that their child understands the realities of these programs and comes properly outfitted for their stay in the mountains. If your child NEEDS ANY GEAR SUCH AS RAIN COATS OR SLEEPING BAGS be sure to let our staff know and we can help out.

To maintain a backcountry experience, **we do not carry cell phones or radios in backcountry and request participants do not bring them.** Once your child has started a CFI program, you will NOT be able to reach him/her by phone or internet. ***Please note: CFI staff have extensive training in risk prevention and in protocols for emergency and evacuation procedures.***

**Due to child-safety and liability protocols, youth cannot leave during the program, except for an emergency. Any visitor must register with the CFI office prior to a program visit and receive an identifying pass. Additionally, while our camp in the La Sals is easily accessible by road and 2WD vehicles, we respectfully ask that parents/guardians do not visit during the camp program unless prior arrangement has been made with our office as described above. We also request that participants do not bring pets of any kind with them.**

Thank you!

## FOOD

All food will be provided by CFI. **We supply food for lunch on the first day of camp through afternoon snacks on the last day of camp.** *(Note: Breakfast will not be provided on the first day!)* CFI provides healthy, balanced meals and snacks throughout the day. It is CFI's policy that students also help prepare their meals so expect to be involved in the cooking and eating! **We ask that you NOT bring your own foods or snacks unless for dietary or medical restrictions** because it will attract unwanted mice and bears to our camp. If you have special foods, **please let the CFI staff know and we can store them properly for you.**

*Some notes on hikes and lessons:* It is our goal to have a fun and safe experience in the La Sals this week. Each day we will cover themes from the list above, but are not committed to a rigid schedule of lessons. We will use the informal, hands-on, outdoor setting and take advantage of kids' own interests and observations to explore ideas. The hikes and activities outlined above ARE FLEXIBLE and can be adapted to changing situations, such as weather or group condition. **All cell phones, video games, music players, and other electronics (except for a camera) should be left at home.**

**EQUIPMENT/CLOTHING LIST** (CFI will provide a waterproof bag when you meet to repack in unless you have your gear in your own already.)

**What You Should Bring**

- Sleeping bag rated to 30° (or CFI can provide at no cost, let us know)
- Sleeping pad (or CFI can provide, etc.)
- Rain gear, jacket and pants (or CFI can provide, etc)
- Two water bottles, at least 1 quart each with water
- Sunscreen
- Sun hat and stocking cap
- Sturdy hiking boots or good tennis shoes
- 2nd pair of shoes for camp (tennis shoes or sandals work great)
- Flashlight with extra batteries
- Personal items (toothbrush, lotion, lip balm, sanitary needs, etc.)
- Medications (label and notify CFI staff on arrival, if you require an EPI pen bring two)
- Insect repellent
- Socks (2 pair)
- Small daypack for hiking during the day
- Warm clothes (it can get cold at night in the mountains!)
- Swimsuit or clothes that can get wet on the river!

**CFI will provide TENTS, CAMP CHAIRS, KITCHEN, FOOD and ALL EATING UTENSILS**

❖ **Please DO NOT Bring!**

- Tobacco
- Knives
- Sharp tools
- Soda/candy/snacks
- Pets of any kind
- Electronic devices (iPod, game boys, cell phone, etc.); time to leave those behind for a few days!

If you have any additional comments or questions please contact us at:  
**435-359-7750 or [info@cfimoab.org](mailto:info@cfimoab.org)**